

Dr Alex Ross
PhD

Research specialization: Speed development, match profiling, player physical profiling, hamstring injury prevention

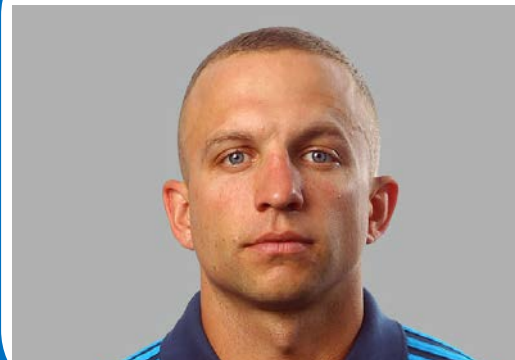
Experience: 6 years experience as Strength and Conditioning Coach in Super Rugby, International, and Rugby Sevens in New Zealand, USA, and Argentina. Alex is currently the Head of Physical Performance for the Argentina Rugby Union.

Research overview: Physical and math performance in Elite Rugby Sevens; monitoring the training status of rugby players; informing team sport tactical periodization

Postgraduate supervision: Nil

Research publications:

1. Ross, A., Gill, N.D, & Cronin, J.B (2014). Match analysis and player characteristics in rugby sevens. *Sports Medicine*, 44(3), 357-367.
2. Ross, A., Gill, N.D, & Cronin, J.B (2015). The match demands of international rugby sevens. *Journal of Sports Sciences*. 33(10), 1035-1041,
3. Ross, A., Gill, N.D., & Cronin, J.B. (2015) A Comparison of the Match Demands of International and Provincial Rugby Sevens. *International Journal of Sports Physiology and Performance*. 10(6), 786-790
4. Ross, A., Gill, N. D., & Cronin, J. B. (2015). Comparison of the Anthropometric and Physical Characteristics of International and Provincial Rugby Sevens Players. *International Journal of Sports Physiology and Performance*. 10(6), 780-785
5. Ross, A., Gill, N.D, Cronin, J.,B & Malcata, R. (2015). The relationship between physical characteristics and match performance in rugby sevens. *European Journal of Sport Science*. 15(6), 565-571
6. Cronin J., Ross, A., Bedford, C., Crosland, R., Birch, W., Deceleration forces associated with a novel cable pulling exercise. *Journal of Australian Strength and Conditioning*. In Press.
7. Mendigucha, J., Brughelli, M., Cross, M., Morin, JB., Ross, A., Samozino, P., and Gill, N. Field monitoring of sprinting power-force-velocity profile before, during and after hamstring injury: 2 case reports. *Journal of Sports Sciences* In Press
8. Ross, A., Gill, N., Cronin, J., and Malcata, R. Attacking and defensive performance indicators in international rugby sevens. *International Journal of Performance Analysis in Sport* In Press.



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